

Mental Health Stigma & Discrimination

Overview

- **What is mental health stigma and discrimination?**
- **The statistics**
- **Impact of mental health stigma and discrimination**
- **Preventing mental health stigma and discrimination**
- **Resources**
- **Looking after yourself**

What is mental health stigma & discrimination?

- “Stigma : Disrespect, negative beliefs & prejudice. The use of negative words to define a person. Can stop people from seeking help for fear of discrimination” .
- “Discrimination : Unfair treatment of one person or a group of people as a result of prejudice beliefs and judgement” .

(See Me, 2020)

Statistics

- 29% of Scots say they have experienced a mental health problem.
- 35% said that themselves or someone close to them had experienced stigma and discrimination due to their mental health.
- Approximately 7 out of 10 people who took part in the Our Voice Citizens Panel survey had witnessed someone being treated differently because of their mental health problem.
- 1 in 3 young people in every classroom will experience a mental health problem and 3 in 4 of them say they fear the reactions of friends.
- A systematic review of studies into the barriers to accessing mental health services and support by new and expectant parents found that perceived potential of stigma was a barrier to accessing or delaying access to support.

Potential Impacts

- Unemployment
- Loss of entitlements
- Avoidance
- Relationships
- Distrust
- Anxiety
- Negative experiences
- Low self esteem
- Low self confidence
- Poor physical health
- Missed opportunities
- Unmet needs

Film Clip Discussion

1. Is mental health stigma and discrimination happening/discussed?
2. How would the person experiencing it feel?
3. What could be done to provide a more supportive environment, prevent future stigma and discrimination/promote MWH&B?

Prevention

- Equality Act (2010)
- Language
- Whole School Approach to Mental Health & Well Being
- Environment
- Nurture Principles
- Policy, Supports & Signposting

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....